

If you sit or stand...MOVE!



Whether you're at work or at home, here are some ways to move your body while sitting and standing.



You can ask your health care team to demonstrate these moves!

Neck

Take your right hand and gently press your head down towards your left shoulder. Try to get your ear as close to the shoulder as possible without pain. Repeat for the right shoulder.

Arms

Keeping arms at your side; palms facing down; bending at the elbows; move arms up towards the shoulders. Repeat 5-10 times.

Shoulders

Raise hands in a 90-degree angle facing upwards; press arms up towards ceiling; keep arms close to ears. Repeat 5-10 times.

Chest

Rest your back against the chair; extend arms outward; slowly squeeze the chest bringing arms together; palms facing inward. Repeat 5-10 times.

Feet and Ankles

Put your feet together; point your feet downward; flex feet back to starting position. Raise one leg and make a circle motion to the left with your foot, reverse circle direction. Repeat with other foot.

Legs

While holding onto your chair; slowly squat down to a 45-degree angle; tighten your buttocks (i.e. squeeze your "buns").

MOVE!

